

HAZARDOUS ANIMALS AND PLANTS

Venomous Snakes – Deadly venomous Levantine vipers, and mildly venomous cat and Montpellier snakes are present island-wide. If bitten, seek urgent medical attention!

Prevention – Do not handle *any* snake.

Centipedes and Wasps – Present island-wide; can inflict painful bites or stings. Seek medical attention if bitten or stung.

Prevention – Shake out boots/bedding/clothing prior to use; never walk barefoot; avoid sleeping on the ground.

Scorpions and Spiders – Scorpions that have potentially lethal venom are present; widow spiders can deliver painful bites; recluse spider bites can cause serious skin damage. Seek medical attention if bitten/stung.

Prevention – Shake out boots/bedding/clothing prior to use; never walk barefoot; avoid sleeping on the ground.

Marine Animals – Stinging rays, jellyfish, sea nettles/urchins are present in coastal waters. Seek medical attention if stung/bitten.

Prevention – Swim at approved beaches; do not handle.

Hazardous Plants – Thorny plants that can puncture skin, produce rashes, and/or cause infections are present island-wide. Burning some plants can cause skin rashes and lung damage. Some plants cause abnormal behavior/poisoning if chewed/eaten. Seek medical attention if injured or poisoned from plants.

Prevention – Do not touch, chew, eat, or burn unfamiliar plants; use clothing as a protective barrier for skin; wash contaminated skin/clothing after contact.

DISTRIBUTION UNLIMITED

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DEPLOYMENT HEALTH GUIDE: CYPRUS



This country-specific guide should be used in conjunction with [GTA 08-05-062, U.S. Army Guide to Staying Healthy](#), and is intended to provide information that can help reduce your risk of Disease and Non-battle Injuries (DNBI) when deployed. This health threat and countermeasure information is based on the most current data available from U.S. Department of Defense medical agencies at the time of production. In addition to the information in this guide, you should also receive force health protection, health threat, and preventive medicine countermeasures training/briefings prior to and, as required, throughout the length of your deployment.



Deployment Health Guide Series

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CYPRUS OVERVIEW

Location – Cyprus is an island located in the northeast corner of the Mediterranean Sea 44 miles south of Turkey and 65 miles west of Syria. Cyprus is approximately three-fourths the size of Connecticut.

Climate – Temperate, Mediterranean climate with hot, dry summers and cool winters.

Rainfall – Average rainfall is less than 20 inches with the majority of the total rainfall occurring between December and February.

Terrain – Flat, treeless interior from the west to the east coast called the Mesaoria; mountains to the north (Kyrenia Range) and south (Troodos Mountains)

Forces of Nature – Moderate earthquake activity; droughts

RISK ASSESSMENT

Cyprus is at **LOW RISK*** for infectious diseases. Though the risk of most diseases is low, mission effectiveness could be adversely affected by sandfly fever unless force health protection measures are implemented.

*Based on a combination of all major infectious diseases that occur in a country, the Armed Forces Medical Intelligence Center (AFMIC) assigns an **overall country risk level** of low, intermediate, high, or very high risk, as compared to other countries.

INFECTIOUS DISEASES

Food-borne and Water-borne Diseases

Consuming contaminated food, water, or ice

Diarrhea, bacterial – Possible attack rate of 1-10 percent per month if local food, water, or ice is consumed.

Food-borne and Water-borne Diseases (Continued)

- Threat – year-round; countrywide
- Symptoms – loose, watery or explosive bowel movements
- Recovery of 1–3 days with antibiotics

Hepatitis A – Rare cases might occur among unvaccinated personnel consuming local food, water, or ice.

- Threat – year-round; countrywide
- Symptoms – none to flu-like illness
- Severe, 1–4 weeks recovery, sometimes initially requiring hospitalization

Prevention – Consume only U.S. military-approved food, water, and ice; take **hepatitis A vaccine** if directed by medical authority.

Vector-borne Diseases

Greatest concern:

Sandfly fever – Significant number of cases possible

- Transmission – sand flies; typically bite at night
- Threat year-round, higher risk during warmer months; countrywide (including urban areas)
- Symptoms – debilitating; fever, headache, muscle/joint pain, nausea
- Hospitalization of 1-7 days likely

Others: A small number of cases possible: **leishmaniasis** (cutaneous, sand fly-borne)

Prevention – **DEET** on exposed skin; **permethrin-treated uniforms**; **permethrin-treated bed nets**

Sexually Transmitted Diseases

Gonorrhea/Chlamydia – Potential attack rate of 1 to 50 percent per month could occur

Sexually Transmitted Diseases (Continued)

among personnel having unprotected sexual contact.

- Threat year-round; countrywide
- Symptoms (in men) – none to burning sensation when urinating or discharge
- Symptoms (in women) – none to burning sensation when urinating or increased vaginal discharge
- Mild; outpatient treatment

Others: **HIV/AIDS**

Prevention – Abstinence; latex condoms; not sharing needles

Water Contact Diseases

Leptospirosis – Wading, swimming, other contact with water/mud contaminated with infected animal urine; disease is assessed as present, but levels are unknown.

- Threat year-round
- Symptoms – fever, chills, nausea
- Hospitalization of 1-7 days

Prevention: Do not swim/wade in unapproved water; wash skin and clothing after exposure to freshwater streams/ponds.

ENVIRONMENTAL RISKS

Short-term health risks

- Water containing raw sewage
- Runoff containing fecal pathogens, industrial waste, or agricultural chemicals

Long-term health risks

Air contamination localized near urban and industrial areas